

Summer Berry Mini Pavlovas

Pavlovas are a British, Australian and New Zealand thing. Nearly every person from these countries knows what a Pavlova is and has tasted it. Named after Russian ballerina, Anna Pavlova. (Google the story behind it.) But it's nothing more than a meringue made of beaten egg whites and sugar with a twist. The twist is adding vinegar and cornstarch that does some scientific thing that gives the exterior crunch and the interior this luxurious gooey center. Topped with whipped cream and berries, it tastes like heaven. The Pavlova is fairly fragile, so it is best when assembled just prior to serving or the pavlova will begin to lose its exterior crunch.

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| 5 | egg whites (room temperature if possible) | ¼ teaspoon | salt |
| ½ teaspoon | cream of tartar | 1 teaspoon | white vinegar |
| 1 cup | sugar | 1 cup | heavy (whipping) cream |
| ½ teaspoon | vanilla | 2 Tablespoons | powdered sugar |
| 2 teaspoons | cornstarch | 4 cups | berries, assorted |

- 1 Preheat the oven to 300°. On a piece of parchment paper, trace 12 3-inch circles with pencil. Flip over the parchment and place on a baking sheet.
- 2 Place egg whites and the cream of tartar in a clean mixing bowl. Beat the egg whites until soft peaks form. Sprinkle the sugar over the egg whites and continue to beat at maximum speed until stiff peaks form. Fold in the vanilla, cornstarch, salt and vinegar just until blended.
- 3 Place the egg white Pavlova mixture carefully into a piping bag, if desired and pipe in the 3-inch circles on the parchment paper, keeping a well in the center. OR simply spoon the egg white mixture into the circles.
- 4 Bake the Mini Pavlovas in the 300° oven for 30-35 minutes or until the Pavlovas form a firm crust. Turn off the oven and LEAVE IN THE OVEN with the door propped open until cooled completely.
- 5 While Pavlovas are in the oven, whip the cream and powdered sugar until stiff. Keep refrigerated until ready to use. Slice strawberries and clean and dry berries. Just before serving, top Pavlovas with whipped cream and the sliced berries.
- 6 Do not store leftover Pavlovas in an airtight container or the exterior will soften.

Servings: 12

Oven Temperature: 300°F

Nutrition Facts

Nutrition (per serving): 164 calories, 66 calories from fat, 7.5g total fat, 27.2mg cholesterol, 79.7mg sodium, 136.8mg potassium, 23.1g carbohydrates, 1g fiber, 20.6g sugar, 2.3g protein.

Source

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